



**“Nothing About Us  
Without Us”**

## Arlington Disability Commission

### Resources for Arlington Residents with Disabilities

#### Food and Other Basics

- [Arlington Eats](#)
- [Arlington Assistance Programs](#)

#### Housing

- [Affordable Housing in Arlington](#)
- [Housing Search Guide for People with Disabilities in Massachusetts](#)

#### Getting Around Arlington (and Beyond)

- Specialized Maps
  - [Handicap \(HP\) spots](#) in Arlington (from the Parking Map)
  - [Crosswalks & signalized crossings](#) in Arlington (from the Schools & Districts Map)
  - [AXS Map](#) is a crowd-sourced tool for sharing reviews on the wheelchair accessibility (including bathrooms) of businesses and other venues. Dozens of venues have been reviewed in Arlington, and any user can contribute.
- Arlington residents with permanent disabilities may warrant exemption from the parking ban: read the [Select Board's Parking Policies and Regulations](#).
- MBTA services
  - [Reduced fare Charlie Card](#)
  - [Blind Access Charlie Card](#)
  - [The RIDE](#)
  - [The RIDE Flex](#) (with MBTA partners Uber & Lyft)
- [Medical Rides for Cancer-Related Appointments from the Sanborn Foundation](#), arranged through Council on Aging
- For residents ages 60+, the [Council on Aging offers transportation services](#), including: van service to COA sites; van service for everyday living; Dial-a-Ride taxi service voucher program; van service for local medical appointments; Medical Escort Services (MES)
- Snow & Ice:
  - DPW's [Snow & ice info](#)
  - For residents ages 60+, the [Council on Aging](#) coordinates the LINKS program that matches up seniors and high school students for snow shoveling and yard work.

## Civic Life in Arlington

- Arlington Disability Commission's [Meeting Calendar](#) and [Agendas and Minutes](#)
- Accommodations for municipal meetings (such as CART or interpreters): email [DisabilityComm@town.arlington.ma.us](mailto:DisabilityComm@town.arlington.ma.us), or call 781-316-3170
- [Arlington Community Media, Inc. \(ACMI\)](#) is the local community access channel, which is available on cable and on the web. ACMI's Government Channel includes many municipal meetings, such as the Select Board, Town Meeting, and School Committee, among others. ACMI programming is closed-captioned on YouTube.
- [Arlington's ADA Self-Evaluation and Transition Plan](#) (418 pages, published November 2019). Under Title II of the Americans with Disabilities Act (ADA), the Town of Arlington was required to complete this self-evaluation of the Town's public facilities, programs, services, activities and events to determine compliance with the ADA and any barriers to accessibility. This document also contains a Transition Plan to prioritize the identified barriers and how they will be corrected.
- [Arlington general information about voting](#)
- Voting accommodations: contact [Clerk's Office](#)
- [Massachusetts Secretary of State Disability information](#)

## Medical and Adaptive Equipment & Technology

- [Arlington Senior Center loans for durable medical equipment](#)
- [REquipment](#) (service of Mass Match, managed by Mass Rehab) for durable medical equipment
- [MassMatch](#) is a loan program (managed by Mass Rehab) for a huge range of assistive/adaptive devices, including computer devices, memory aids, toys, etc
- Many Arlington residents will offer free or inexpensive equipment such as wheelchairs, showerchairs, etc, on these Arlington listservs and Facebook groups:
  - [Arlington List](#)
  - [Arlington List \(Facebook\)](#)
  - [Freecycle - Arlington](#)
  - [Everything is Free - Arlington \(Facebook\)](#)
- Most public libraries have some accessible services or programs, ranging from home delivery, to in-library assistive technology, to "Libraries of Things." Each library has different offerings, but here are some places to start exploring:
  - [Robbins Library \(Arlington\) Accessibility Services](#) and [Robbins Library of Things](#)
  - [Belmont Library of Things](#)
  - [Cambridge Library Takeout Tech](#)

*Last updated May 2022*

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- [Cary \(Lexington\) Library Accessibility Services](#) and [Cary Library of Things](#)
- [Somerville Library of Things](#)

## Children and Parents

- [Arlington Public Schools Special Education Department](#)
- [Arlington Special Education Parent Advisory Committee \(SEPAC\)](#) is the state-mandated advisory council for parents and guardians of children with special needs in the district, and other interested parties.
- [Massachusetts Early Intervention](#) is a program for infants and toddlers (birth to 3 years old) who have developmental delays or are at risk of a developmental delay.
- [The Arlington Special Education Alliance \(TASA\)](#) is a new networking and advocacy group in Arlington, MA. The members are Arlington parents only.
- [Arlington Family Connection \(AFC\)](#) is a membership organization dedicated to connecting families and caregivers of children ages 0 - 6.
- [Arlington Facebook Parents Group](#) is a group that's open to all Arlington parents *after requesting access*.
- [Arlington Parents Group](#) is a Google Group that's open to all Arlington parents *after requesting access*.

## Employment

- [The Vocational Rehabilitation Program](#) (run by the [Massachusetts Rehabilitation Commission](#))
- [Work Without Limits](#) provides job search help and benefits counseling (partnership formed by government and private employers based in Shrewsbury, MA)
- [Disability Law Center of Massachusetts](#)

## Recreation

- [Town of Arlington MA Playground Accessibility Checklist](#)
- DCR's [Universal Access Program](#) for adaptive sports/outdoor programs

## Health and Safety

- [Health Care in Massachusetts](#) (state website)
- [Arlington Youth Counseling Center](#) (serving ages 3 - 21 years old)
- William James College [INTERFACE referral service](#) helps residents find mental health providers. Arlington subscribes to this service for its residents, and it is for all ages.

- Arlington Police Department [SafeWatch](#) program for individuals who might be at risk of wandering from home and becoming lost, due to dementia, autism, etc
- Disposal of sharps: [Arlington Recycling Center](#) (at recycling events)
- Disposal of unused medication: secure dropbox in the vestibule of the Arlington Police Station at 112 Mystic St, Arlington MA 02474

## Emergency Preparedness

- Massachusetts Office of Preparedness and Emergency Management ([OPEN](#))
  - [We're all in this together: Help for Individuals with Access or Functional Needs](#)
  - [Emergency Planning for People with Disabilities and Access and Functional Needs](#)
  - [Personal Emergency Preparedness Workbook \(produced by the Massachusetts Office on Disability\)](#)
- [American Red Cross Guide to Disaster Preparedness for People with Disabilities](#)
- [FEMA Disability Preparedness Toolkit](#)

## Selected State and Federal Agencies and Programs

### Massachusetts:

- [Executive Office of Health and Human Services](#), including:
  - [Massachusetts Office on Disability](#)
  - [Massachusetts Commission for the Blind](#)
  - [Massachusetts Department of Mental Health](#)
  - [Massachusetts Rehabilitation Commission](#)
  - [Massachusetts Department of Developmental Services](#)
  - [Massachusetts Commission of the Deaf and Hard of Hearing](#)
- [Mass Options](#) - MassOptions connects elders, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs
- [Massachusetts Architectural Access Board](#) - The Architectural Access Board (AAB) develops and enforces regulations designed to make public buildings accessible to, functional for, and safe for use by persons with disabilities.

### Federal:

- [ADA.gov](#) - Information and technical assistance on the Americans with Disabilities Act
- [US Department of Justice - Disability Rights Section](#)

### Regional:

- [New England ADA Center](#)
- [Boston Center for Independent Living](#)

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